
First Spiral - ABHYASA: learning and practicing

Check your nostrils: Energy is flowing more through the right nostril (pingala: “ha”) and the left brain, or the left nostril (ida: “tha”) and the right brain, alternating throughout the day and night.

“Ha” is warming – a more physical, active flow, with a more logical and intellectual tilt.

“Tha” is cooling – a more holistic, calming flow with a more creative and reflective tilt.

1. **loosen** *unblock and relax your energies*
 - SUGGESTED TECHNIQUES: warm up, stretch, whirl, do hatha yoga floor postures
2. **activate** *charge your batteries; oxygenate; refresh*
 - energy postures, mula bandha, nabho mudra, stomach pumping, kapalabhati
3. **invert** *reverse the flow of energy; extend and align the spine*
 - mand^hira ha tha yoga inverted postures with breath, bandhas & mudras

Energy is now flowing through both nostrils, ha + tha; sushumna is open; both hemispheres of the brain are equally activated. Moving toward mastering your energy, being the king of your inner domain: raja yoga.
4. **balance** *naturally open both nostrils and balance both brain hemispheres*
 - **hanging** - use mand^hira ha tha yoga to activate, balance and harmonize breath and brain hemispheres
 - **sitting** - use aum^m and anuloma viloma (alternate nostril breathing)
5. **focus** *focus your energy internally and purify it: ajna chakra*
 - inner smile, trataka, japa/chanting, and hong sau mantra

CONSCIOUS INTENTIONS: Create your sincere, positive intention with balanced awareness, breath retention, and use of focused energy and will.
6. **circulate** *complete your inner energy circuit; circulate your focused energy; generate increased energy for healing and spiritual growth*
 - microcosmic orbit - using mand^hira sound frequencies, color, bija mantras, and inspirational visualization
7. **uplift & free** *allow your energy to rise up and transcend*
 - music, mudras, mantras, chants, inspiring quotations & stories, scriptures; MEDITATION; followed by chi self-massage
 - savasana – deeply relax and suspend all expectations and desires
8. **store** *center your energy and store it in your ‘battery’*
 - use taoist qigong yoga techniques to store energy in manipura chakra

Energy is now centered and safe. Remember: Keep your tongue up!
